



Sri Lankan fish curry

30'
Hands on

30 minutes'
Hands off

15'
Cook Time

4-6
Portion(s)

1
Difficulty



Method

- Cut the monkfish fillet into small pieces and add them into a [bowl](#).
- Add the lime juice and zest, the curry, the turmeric, salt, pepper, and cover with plastic wrap.
- Refrigerate for 30 minutes.
- In a [pot](#) over medium heat, boil the rice according to the packet's instructions, with 100 g of the coconut milk, the water, and set it aside. If needed, add a little more water.
- Finely chop the onions, the garlic, the ginger, and add them into a pot along with the sunflower oil on medium heat.
- Sauté for 2-3 minutes and add the tomato paste.
- Add the cardamom, cumin, sugar, canned tomatoes, and mix with a wooden spoon.
- Add the fish along with its juices and simmer for 10 minutes.
- Add the coconut milk and keep boiling for 5 more minutes.
- Serve the fish with the sauce next to the rice, and sprinkle with coriander leaves.

Ingredients

- 500 g monkfish, fillet, deboned, or any other fish you like
- lime juice, of 2 limes
- lime zest, of 2 limes
- 1 tablespoon(s) curry, ground
- salt
- pepper
- 250 g brown rice
- 400 g coconut milk
- 400 g water
- 2 onions
- 1 clove(s) of garlic
- 15 g ginger, fresh
- 1 tablespoon(s) sunflower oil
- 1 tablespoon(s) tomato paste
- 1 teaspoon(s) cardamom, ground
- 1 teaspoon(s) cumin, ground
- 1 tablespoon(s) granulated sugar
- 400 g canned tomatoes
- coriander leaves, to serve

Διατροφικός πίνακας

Nutrition information per portion

294 Calories (kcal)	4.1 Total Fat (g)	0.9 Saturated Fat (g)	41.0 Total Carbs (g)
15%	6%	5%	16%
10.0 Sugars (g)	19.0 Protein (g)	4.4 Fibre (g)	0.19 Sodium (g)
11%	38%	18%	3%